



UCOOK

Heavenly Hazelnut Duck

with sweet potato mash & a sage burnt butter


Cured and roasted in its own fat, duck confit is considered a true delicacy. With this dish, it's served with creamy sweet potato mash, sage burnt butter and an apple & radish salad. Delectable!


Hands-on Time: 30 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Kate Gomba

 Adventurous Foodie

 Creation Wines | Creation
Viognier/Roussanne

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Ingredients & Prep

3	Free-range Confit Duck Legs
750g	Sweet Potato <i>peeled & cut into bite-sized pieces</i>
12g	Fresh Sage <i>rinsed, picked & dried</i>
75g	Hazelnuts <i>finely chopped</i>
2	Lemons <i>1½ zested & cut into wedges</i>
2	Apples <i>rinsed</i>
60g	Green Leaves <i>rinsed</i>
30g	Dried Cranberries
60g	Radish <i>rinsed & sliced into thin rounds</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter
Milk (optional)

1. SLOW ROASTED DUCK Preheat the oven to 160°C. Place the duck legs in a roasting dish, along with all the fat from the packaging. Season and roast in the oven until warmed through, 35-40 minutes.

2. SWEET POTATO MASH Place the sweet potato pieces in a pot of salted water. Bring to the boil and cook until soft, 20-25 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk. Mash with a fork, season, and cover.

3. CRISPY SAGE Place a pan over medium-high heat with 60g of butter. Once foaming, add the rinsed sage leaves and spread out in a single layer. Fry until the butter has a nutty aroma and the leaves are crispy, 1-2 minutes (watch closely to make sure they don't burn). Remove from the pan.

4. HAZELNUT SPRINKLE & FRESH SALAD Combine the finely chopped nuts with the lemon zest (to taste). When the duck has 5-6 minutes to go, remove from the oven and sprinkle over the zesty nuts. Pop back in the oven and roast for the remaining time. Slice 1½ of the apples into half-moons. Set aside the remaining ½ for another meal. Place in a bowl and toss with the rinsed green leaves, the dried cranberries, the sliced radish, a squeeze of lemon juice (to taste), and seasoning.

5. INDULGE YOURSELF Plate up the creamy mash. Side with the crispy duck, and the fresh salad. Drizzle the sage butter over the mash and scatter over the crispy sage leaves. Serve with any remaining lemon wedges. Bon appétit, Chef!

Nutritional Information

Per 100g

Energy	644kJ
Energy	154kcal
Protein	4.3g
Carbs	12g
of which sugars	5.3g
Fibre	2.6g
Fat	12.2g
of which saturated	3.6g
Sodium	476mg

Allergens

Dairy, Sulphites, Tree Nuts

Cook
within
4 Days